

# USU Student Spouses Club Newsletter

## The SSC Scoop

November 2010

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**A special "thanks" to all SSC members that submitted great articles & photos for this newsletter.**



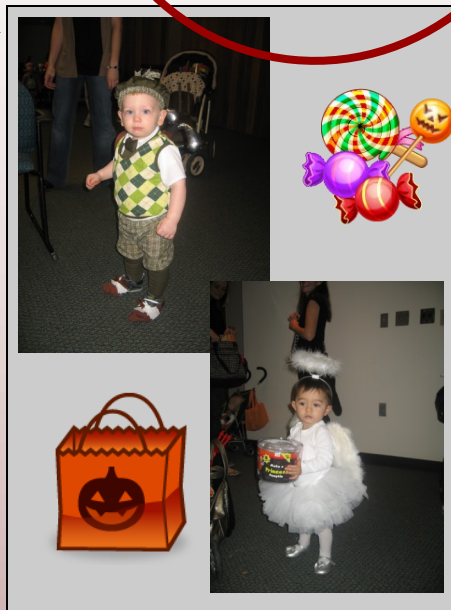
We are always looking for members to write for the newsletter. If you are interested in volunteering contact the Publications Editor for more information.

**Tamara Roadfuss**  
**Publications Editor**  
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## SSC Halloween Spooktacular 2010

By Daniela Babakhani & Sarah Wirthlin

Thank you to everyone who came out and joined us in this year's Spooktacular! We had a great turn out and all of our trick-or-treaters looked great in their costumes. We had some really fun and creative costumes. Even with the unexpected fire alarm interruption everyone got to enjoy all the great food and joined us in the parade around Building A. Congratulations to all our contest winners who looked amazing in their costumes and to Heather Allen who won our spooky food contest by making the super cute and delicious Ghost Cupcakes! All the food was amazing and very creative. Thank you to everyone who participated and shared their yummy creations.



## "Welcome to the Military" Info session

By Tamara Roadfuss

SSC hosted "Welcome to the Military" info session. The goal of this info session was to provide students and their spouses / significant others with the opportunity to ask questions and gain information about military life and USUHS. Sara Keleher, Molly Grasso, and Courtney Christensen headed the discussion on multiple topics including: military etiquette, Tricare, moving tips and advice for surviving the next four years at USUHS. The info session was followed by a Q&A panel which was performed by Andy Oh and Mitch and Jenny Eliason.

The following are highlights from the info packets handed out at the session:

### Tips for Surviving as a Military Dependent and a USUHS spouse

Good Support - A Key to Success

A good support system is crucial! SSC is a great example of one and has many people who completely understand what you're going through every day. Other support group ideas: nearby

family, neighbors, mom's group, church group, coworkers, etc.

**DEERS, Tricare, Dental and the USU Clinic**  
 DEERS (Defense Enrollment Eligibility Reporting System)

Active member must enroll you in order to get your military ID and be eligible for all benefits and perks.

Tricare Prime

HMO with no enrollment fees, deductibles, or cost sharing  
 assigned Primary Care Manager (PCM) at a Military Treatment Facility (MTF) if living within 50 mile radius

Nonavailability Statement (NAS)

Referral and prior authorization for care at a civilian provider or any specialty care is requested by your PCM

If you would like a copy of the entire handout packet it will be posted in the file tab when you login to the SSC calendar.

## From the President:

Sara Keleher

We are finally welcoming some fall weather, which means that the holidays are quickly approaching! The SSC is getting in the spirit with preparations for the December 10th USU Holiday Party. I am looking forward to another amazing party filled with contests, prizes, good food, and holiday cheer. Jump start your holiday spirit by volunteering to be part of the planning team!



Thanks to Parent-Tot for throwing a super Halloween party! The kids looked adorable, and everyone had a great time. A big thanks also goes to everyone who helped plan the very well-attended, successful first Info Session covering various military topics on November 3rd.

**\*\*PLEASE NOTE:** Due to a time conflict with Residency Night, we have changed the date for our December meeting to THURSDAY, DEC. 2 at 6:30 pm in the USU cafeteria. There will be an Info Session about Rotations, Lottery, and Step 1 starting at 7 pm. Look for more info in your email inbox.

The SSC's purpose is to provide support to any USU student or spouse, so please let us know if there is any one who needs us. As always, spread the word about the great support network

## SSC CALENDAR OF EVENTS

**December 2:** SSC Monthly Meeting, 6:30PM



**Adult Social:** Visit website for more dates and activities

**2nd Saturday of every month:** Couples' Night Out!

**2nd Wednesday of every month:** Happy Hour!

**3rd Tuesday of every month:** Spouses' Night Out!

**Parties:** Visit website for more dates and activities

**December 10:** USU Holiday Party

11:30am -2:30pm in the USU Cafeteria

\$5.00 per person

**Parent Tot Group:** Visit website for more dates and activities

**November 21, 2010 :** Wounded Warrior 5K - 8:30 am  
Agricultural History Farm Park , Derwood MD

The USU SSC website now has a private calendar for all members to access with personal username and password. Please contact [ssc.editor@gmail.com](mailto:ssc.editor@gmail.com) if you are unable to login. Other features of the SSC

For more information, please contact the SSC at [studentspousesclub@yahoo.com](mailto:studentspousesclub@yahoo.com) or visit our website at [www.usuhs.mil/ssc/](http://www.usuhs.mil/ssc/)

## Officers 2010-2011

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## **Getting to Know the Area**

By Molly Grasso

Looking for a great day-trip for a weekend? Look no further than Frederick, Maryland. Although this town is jokingly referred to as “Fred-Neck” by many people closer to the beltway, Frederick is a charming small town with interesting history, a great dining scene, fantastic antique & boutique shops, which also boasts interesting town history. To get to Frederick, just drive north on 270, it’s about 40 minutes north of Bethesda.

### **Some highlights:**

#### **VOLT restaurant.**

For those of you who watch “Top Chef” on Bravo, Chef Bryan Voltaggio from season 6 has his restaurant in downtown Frederick. Definitely on the fancy side, perfect for a special date! Call for Reservations: 301-696-8658  
228 North Market Street, Frederick MD  
[www.voltrestaurant.com](http://www.voltrestaurant.com)

#### **National Museum of Civil War Medicine.**

A must-see for medical students! This very well done museum features engaging displays and fascinating information about all of the medical technology that developed during the Civil War. A small fee is charged to view the museum, but I believe that Student & Military discounts are offered.  
48 East Patrick Street, Frederick MD  
[www.civilwarmed.org](http://www.civilwarmed.org)

#### **Brewer’s Alley**

A local brew-pub, Brewer’s Alley serves up a fantastic line of craft beers, as well as some tasty food. A casual and family friendly atmosphere, and a great place to stop and refuel!  
124 North Market Street, Frederick MD  
[www.brewers-alley.com](http://www.brewers-alley.com)

#### **Monocacy National Battlefield**

In the summer of 1864, General Jubal Early led Confederate forces towards Washington, D.C. and threatened to capture the capital city. On July 9, Union troops under General Lew Wallace met Early’s forces on the banks of the Monocacy. At Monocacy National Battlefield, visitors can experience this and other stories of the past in a landscape that has changed little since the 19th century. The battlefield features a brand-new interactive visitor’s center, as well as an interesting driving tour you can do on your own pace. Great place to soak up some history!

4801 Urbana Pike, Frederick MD



Frederick, MD - Photo submitted by: Molly Grasso

## **Looking for something to do?**

### **LOCAL EVENTS:**

- 11/06 - 12/18** Christmas Market & Craft Show - Agriculture Center, Westminster, MD
- 11/18 - 01/08** Ice! Featuring How the Grinch Stole Christmas
- 11/19 - 11/28** Maryland Christmas Show—Frederick Fairgrounds, Frederick, MD
- 11/22 - 01/03** Symphony of Lights - Columbia MD
- 12/01** National Hanukkah Menorah Lighting Ceremony
- 12/03** Zoolights - National Zoo
- 12/09** National Christmas Tree Lighting Ceremony - [www.thenationaltree.org](http://www.thenationaltree.org)
- 12/10** Sugarloaf Craft Festival - Dulles Expo Center
- 12/07 - 12/12** Cirque Dreams Holidaze - Kennedy Center Opera House
- 12/11 - 12/12** Historic Alexandria Candlelight Tour - [www.HistoricAlexandria.org](http://www.HistoricAlexandria.org)



## Meet the Members - Officers Edition



### Jessica Saas

SSC Vice President

Hello Everyone!

My name is Jessica Saas and I am the VP of the SSC! I am an Arabic Major at the University of Maryland and am a member of their Arabic Flagship Program, a federally funded program available only to five US universities. This past semester, I have been nominated for the Spirit of Maryland Award, which is given in lieu of Homecoming Queen, as well as the Senior Scholar Award, an award granted by the deans of academic departments to a very few academically outstanding seniors. Patrick is doing great! He just won our ward's Chili Cook-off at our church with his Cincinnati Chili! Maybe if you twist his arm, he will share his recipe with you! He is a second year USUHS student in the Air Force.

We both love to rock climb and that is how we met—we were outdoor climbing with the same rock climbing club. We have been climbing rocks together ever since! The included pic is from our wedding, when we started the dancing!

I hope that you are all doing well and want you to know that I sincerely want to be helpful in any way I can. I hope you know that there are people ready and willing to be a support system for you here at the SSC!

With love,  
Jessica Saas



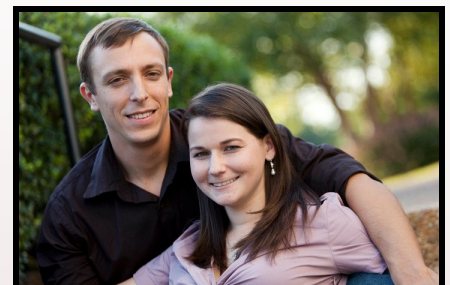
### Courtney Christensen

SSC Secretary

Hi, I'm Courtney Christensen, the Secretary of SSC! I'm an MSII spouse - my husband Dan is prior service Navy and used to serve on submarines. We've been married for 5 years and have called Chesapeake, VA, Charleston, SC, and northern VA home. We have a two year old son named Cayden and are expecting our second little boy in December! We also have a golden retriever named Maddie.

I went to James Madison University for my undergrad and then worked for Pfizer for 5 years when I stopped working to stay home with Cayden. I've loved being at home with him, and though it's definitely a hard job, it's also the most rewarding one I've ever had. In my spare time, I love to spend time with my family and friends, read (I'm always looking for new books to read, so if you have a favorite, please let me know!), run, and take pictures (photography is one of my favorite hobbies).

SSC has been a great support to me as we've embarked on this adventure of med school, and I'm so thankful for the friends I've made and support and understanding I've received. It's awesome to have people around who know exactly what you're going through - they're either in the same boat with you, or they've been there before (in the latter case, it's neat to watch those in years ahead of you and see what's coming next!). My husband jokes that I've never had such an active social life, as there's so much to do in SSC! If you haven't joined yet, I hope you'll consider it!



### Jennifer Markol

SSC Treasurer

Hi! I'm Jenny Markol, Treasurer of the SSC! My fiancé, Matt, is a second year Navy student. We met at Roanoke College in Virginia, both graduated in 2009 and made the trek up to Maryland together. Our wedding is set for this coming June and I am definitely ready join the club of wedded bliss (hello Tricare and solo commissary trips!) I was an Army brat so military life is not new to me. I work full time in the Family Medicine Department at USUHS and also part-time as an NIH data analyst (yes, I am ridiculous and no, being a data analyst is not in any way as cool as it may sound). I am a HUGE animal lover and if I didn't have Matt keeping me in check I would probably have every animal I fall in love with on petfinder.com. I'm talking dogs, flying squirrels, chinchillas, guinea pigs... I really need to go work at the zoo. I do have one spoiled little dog - a beagle named Molly. I'm working on getting her a playmate. In the little free time I have I like to try new recipes and hang out with the awesome ladies I have met through the SSC.!



## From the SSC Kitchen !

### Downeast Maine Pumpkin Bread

From: Rachel Ambrosion

This pumpkin bread is so good! Even my 15 year old brother (the pickiest eater on the planet) will scarf this stuff down by the loaf. I use heaping servings of all of the spices to give it a little extra kick and will sometimes add chocolate chips to one of the loaves. Delicious!

What you'll need:

- 1 (15 ounce) can pumpkin puree
- 4 eggs
- 1 Cup vegetable oil
- 2/3 Cup water
- 3 Cups white sugar
- 3 1/2 Cups AP flour
- 2 teaspoons baking soda
- 1 and 1/2 teaspoons salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground ginger



Directions:

1. Preheat oven to 350. Grease and flour 3 (7x3") loaf pans.
2. In a large bowl, mix together pumpkin puree, eggs, oil, water, and sugar, until well blended.
3. In a separate bowl, whisk together the flour, baking soda, salt, cinnamon, nutmeg, cloves, and ginger. Stir the dry ingredients into the pumpkin mixture until just blended. Pour into the prepared pans.
4. Bake for about 50 minutes. Loaves are done when a toothpick inserted in the center comes out clean.

### Hot Spiced Cranberry Cider

From: Tamara Roadfuss



#### Ingredients:

- 2 quarts apple cider
- 1/4 cup packed brown sugar
- 1 1/2 teaspoon whole cloves
- 6 cups cranberry juice
- 4 cinnamon sticks
- 1 lemon, thinly sliced

#### Directions:

In a large pot, combine apple cider, cranberry juice, brown sugar, cinnamon sticks, cloves and lemon slices. Bring to a boil, reduce heat, and simmer for 15 to 20 minutes. With a slotted spoon, remove cinnamon, cloves, and lemon slices. Serve hot.

### Pumpkin Turkey Chili

From: Cindy Yoder



#### Ingredients:

- 1 tbs vegetable oil
- 1 cup chopped onion
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped yellow bell pepper
- 1 clove garlic, minced
- 1 pound ground turkey
- 1 (14.5 oz) can diced tomatoes
- 2 cups pumpkin puree
- 1 1/2 tbs chili powder
- 1/2 tsp ground black pepper
- 1 dash salt
- 1/2 cup shredded cheddar cheese
- 1/2 cup sour cream

#### Directions:

- 1) Heat the oil in a large skillet over medium heat, and sautee the onion, green pepper, yellow pepper, and garlic until tender.
- 2) Stir in the turkey, and cook until evenly brown.
- 3) Drain, and mix in tomatoes and pumpkin.
- 4) Season with chili powder, pepper and salt.
- 5) Reduce heat to low, cover, and simmer 20 minutes.
- 6) Serve topped with cheddar cheese and sour cream.



### Turkey Roasting Times at 325°F

<u>Weight</u>	<u>Unstuffed</u>	<u>Stuffed</u>
8 to 12 lb	2 3/4 to 3 hrs	3 to 3 1/2 hr
12 to 14 lb	3 to 3 1/4 hrs	3 1/2 to 4 hr
14 to 18 lb	3 3/4 to 4 1/4 hrs	4 to 4 1/4 hr
18 to 20 lb	4 1/4 to 4 1/2 hr	4 1/4 to 4 3/4
20 to 24 lb	4 1/2 to 5 hrs	4 3/4 to 5 1/4

## Roasted Butternut Squash Soup with Sage

From: Molly Grasso

### Ingredients:

1 large butternut squash - peeled, seeded, and cut into chunks.  
1 large sweet onion, diced  
1 heaping T dried, crumbled sage  
1/4 tsp ground nutmeg  
1/4 tsp cayenne 1/4 tsp ground thyme  
Scant 1/2 tsp curry powder  
1 32 oz. box Chicken Broth  
1 cup lowfat milk  
1 cup water  
3 T butter, diced, plus 1 T butter.  
S&P  
EVOO



### Directions:

- 1) Preheat your oven to 400 degrees. Put your squash chunks into a large glass baking dish. Drizzle with EVOO and sprinkle with S&P. Toss to coat. Take your diced butter and dot it over the top of the squash. Put in oven to roast. I don't have an actual time on this - but it takes at least 30 minutes. Every once in a while, open up the oven and stir it around to help it brown well and to distribute the melted butter. It's done when the squash evenly mashes under a spoon, and it has some nice golden brown coloring to it.
- 2) While the squash is roasting, take your diced onion and sauté it in a stock pot or dutch oven in a bit of EVOO and the remaining T of butter. Season with S& P and cook until it is tender a bit caramelized. Turn off the heat as soon as it's done, and wait for your squash.
- 3) When the squash is done, remove it from the oven and add it directly to the pot with the onions. Add in the entire box of chicken broth, and turn your stovetop on to medium heat. Using a flat wooden spoon, mix well and scrape up all the caramelized goodness from the bottom of the pot. Add the milk & water, and all of your spices. Side note - if you aren't crazy about the taste of curry, still use it in this recipe. It's a very small amount that adds complexity to the flavor profile and leaves your tastebuds wondering, "hmm... what was it that made this SO good?"
- 4) Bring the mixture to a low boil and let it cook for about 5 minutes. Then, turn off the heat, and using an immersion blender, blend to a nice smooth consistency. If you don't have an immersion blender, you can use a normal blender. HOWEVER, it is VERY important that you never try to blend a hot liquid! It will explode all over the place. Trust me, I speak from experience (I was making pea soup and had scalding green goop all over the ceiling, cupboards, counter, floor, and myself, not fun!!). If you are going to use a traditional blender, let the mixture cool to room temperature before blending, then reheat prior to serving. Taste for seasoning and adjust if necessary.

## Holiday Cookie Recipes

### Peanut Butter Cup Cookies

From: Allrecipes.com

### Ingredients:

1 3/4 cups all-purpose flour  
1/2 teaspoon salt  
1 teaspoon baking soda  
1/2 cup butter, softened  
1/2 cup white sugar  
1/2 cup peanut butter  
1/2 cup packed brown sugar  
1 egg, beaten  
1 teaspoon vanilla extract  
2 tablespoons milk  
40 miniature chocolate covered peanut butter cups, unwrapped



### Directions:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Sift together the flour, salt and baking soda; set aside.
3. Cream together the butter, sugar, peanut butter and brown sugar until fluffy. Beat in the egg, vanilla and milk. Add the flour mixture; mix well.
4. Shape into 40 balls and place each into an ungreased mini muffin pan.
5. Bake at 375 degrees for about 8 minutes. Remove from oven and immediately press a mini peanut butter cup into each ball. Cool and carefully remove from pan.

### Cranberry Orange Cookies

From: Allrecipes.com

### Ingredients:

1 cup butter, softened	1 Cup white sugar
1/2 cup packed brown sugar	1 Egg
1 tsp grated orange zest	1/2 tsp salt
2 tbs orange juice	1/2 tsp baking soda
2 1/2 cups all-purpose flour	1/2 tsp orange zest (grated)
2 cups chopped cranberries	1/2 cup chopped walnuts (opt)
1 1/2 cups confectioners' sugar	3 tbs orange juice

### Directions:

1. Preheat the oven to 375 degrees F (190 degrees C).
2. In a large bowl, cream together the butter, white sugar and brown sugar until smooth. Beat in the egg until well blended. Mix in 1 teaspoon orange zest and 2 tablespoons orange juice. Combine the flour, baking soda and salt; stir into the orange mixture. Mix in cranberries and if using, walnuts, until evenly distributed. Drop dough by rounded tablespoonfuls onto ungreased cookie sheets. Cookies should be spaced at least 2 inches apart.
3. Bake for 12 to 14 minutes in the preheated oven, until the edges are golden. Remove from cookie sheets to cool on wire racks. In a small bowl, mix together 1/2 teaspoon orange zest, 3 tablespoons orange juice and confectioners' sugar until smooth. Spread over the tops of cooled cookies. Let stand until set.



## **MSIII Rotations FAQ**

By Dana Beam

I've had lots of people ask me for more information about MSIII rotations. So below I've addressed some of the FAQs. If you have other questions or want more information please feel free to contact me at [dana.beam@gmail.com](mailto:dana.beam@gmail.com). Please know that I am not an expert and that information changes all the time so just because it is written here doesn't mean that is how it will be for you. Nevertheless I hope you find this helpful!

### **Q – When do rotations start?**

A – Rotations typically start the last week in June. To find out the specific schedule visit <http://www.usuhs.mil/medschool/fehsom.html> and click on the link to the right for your year.

### **Q – How long is each rotation?**

A – MSIII rotations are 6 weeks each with a total of 8 rotations.

### **Q – Please explain the MSIII rotations in detail.**

A – 1 - Family Medicine which can't be done in the DC area is 6 weeks long. 2 - Internal Medicine Outpatient for 6 weeks. 3 - Internal Medicine Inpatient is six weeks and must be done in the same 12 week period as Outpatient, but must be done at a different location. 4 - OB/GYN for 6 weeks. 5 – Pediatrics for 6 weeks. 6 – Psychiatry for six weeks. 7 & 8 - Surgery is two back-to-back rotations for 12 weeks total at one location. Your spouse will either start with singles (two 6 week rotations of pediatrics, psychiatry, family medicine or OB/GYN) or with doubles (a 12 week rotation of Internal Med or Surgery). If your spouse did singles first they will do a double next or vice versa. Then you repeat that process for the rest of the year.

### **Q – What bases can my spouse do their rotations at?**

A – They seem to change the bases and number of slots at each base every year based on needs and availability, but this year they offered rotations at: Eglin AFB, Ft Sam Houston, Ft Hood, Travis AFB, Ft Belvoir, Ft Gordon, Jacksonville, Ft Lewis, Andrews AFB, Ft Benning, Nellis AFB, National Capital Consortium, NNMCC, Camp Lejeune, Portsmouth, San Diego, No Va Mental Health Institution, St. Elizabeth's, Tripler, DC VA, WRAMC, Lackland AFB, Ft Bragg, Wright-Patterson AFB.

### **Q – When does my spouse pick their rotations?**

A – They will get their lottery numbers for

all of the MSIII year in December. They will use their first round number to pick their first rotation in December. At this time they will decide if they want to start with singles or doubles. In February they will pick the rest of their rotations for the year using the rest of their lottery numbers. I can't concisely explain how the lottery process works, but it makes it a pretty fair process for everyone. There can be a lot of strategy to it so if you're like me you can waste a lot of time pondering it all J

### **Q – Does the school pay for the rotations?**

A – The school pays for students to travel to and from rotations and for approved lodging and rental car during MSIII rotations. Your spouse must do all travel through the approved website and the school will only reimburse travel up to the lowest available air travel. So should you drive they will not reimburse the total expense of the drive, they will only reimburse up to the lowest price for an air travel ticket. Also the school does NOT pay for families to travel so you're on your own if you want to go with your spouse. In addition, your spouse can only book travel for the military's budgeted year so they will book their first 2 or 3 rotations before the first round and the rest of the travel for the year can be booked sometime after October 1st. Your spouse will not book their lodging as that will be done for them. They should also not book a rental car unless they have been told by the powers that be that they will be the student in charge of the rental car for that rotation (not all rotations get a rental car).

### **Q – When will we get information on lodging?**

A – Your spouse will receive their confirmation number via email from Ms. Smith approximately two weeks out from each rotation. You will then need to call the base lodging and confirm that you can stay with your spouse. If you have kids you will need to specifically ask if kids are allowed

in the lodging. Some bases charge \$5 or less for other people to stay there and some don't charge anything. Some bases also don't allow kids. Do your research and make sure you don't arrive somewhere just to be told that you can't stay there. And it should be noted that you are on your own to work this out with the individual lodging facility and should not go through the school to make these changes.

### **Q – How do you pay for the rotations?**

A – You spouse is authorized a government travel card and all charges for travel, lodging and rental car must be put on this card. They can set it up so that the school directly pays the card for them and they therefore shouldn't have to pay anything out of pocket. But they will have to fill out a travel voucher when they return to USU after their rotation to ensure that their card is paid in full. If your spouse is away for several rotations consecutively, then they will turn in the travel voucher whenever they get back to USU.

### **Q – What other TDY pay will my spouse receive?**

A – Your spouse will receive about \$30 a day for meals in Hawaii and about \$13 a day for meals in all other locations. They will NOT receive the normal per diem pay except for days that they are traveling to and from each site. Per diem pay varies by location and you can find that information online. Your spouse will also receive separation pay of \$250 per month for every 30 consecutive days that you are separated.

### **Q – What day will my spouse travel?**

A – Normally your spouse will travel on the Saturday following each rotation, but it can vary. For example, if they take their shelf exam on a Thursday they may choose to travel on a Thursday night or Friday. If they want to spend as much time at home as possible they may leave on a Sunday. For the surgery rotation they will spend Monday and Tuesday of the first week at USU and travel on either Wednesday or Thursday to check into their site on Friday.

**MSIII Rotations FAQ - Cont'd from Pg 6**

By Dana Beam

Your spouse may also get specific notifications from their site that they need to in-process and out-process at a certain time and that could also change their days and times of travel.

**Q – When will my spouse take the shelf exam?**

A – They will take their exam at some point during the last week of each rotation (internal med and surgery test at the end of the 12 week period). The specific date varies based on the location and test so they will find that out when they get to their site. They may also get a day or two off to study, but some won't get any time off so they will need to keep up with it during their rotation.

**Q – Can spouses be accompanied to different locations? Are children allowed?**

A – Most of the time spouses can go. However some bases don't allow children to live there. I know that San Diego and Nellis in Las Vegas don't allow kids. But again you should check with each lodging facility to verify this once you get your confirmation number.

**Q – Will I need a car?**

A – Yes. Unless someone you know has a car or you have other means of transportation I would highly recommend a car. Otherwise you'll be stuck in a hotel room in a place you're not familiar with and don't know anyone and have no way to do anything. Don't make yourself miserable in this way if you can avoid it. Some locations do offer the students a rental cars to share (your spouse will get an email about this before the first rotation), but spouses are not allowed to drive the rental car under any circumstances. Plus, because the car is shared among several students it's not good to rely on this as an option for getting out in the evening when your spouse isn't working. So my advice is to bring your own car or to rent one.

**Q – What are the accommodations like?**

A – It varies by site. Some have full kitchen set ups, with a bathroom, closet, living room and a bedroom. Others have as little as a microwave and mini fridge in a studio hotel room. You can call the lodging to confirm what your room will have when you get your confirmation number. Some places also offer pack-n-plays, but

few offer high chairs. Nevertheless you should confirm it before you leave for travel to make sure it is there for you when you arrive. Also many offer daily light touch cleaning like making your bed and emptying the trashes, but if you expect the quality of the Ritz you'll be disappointed.

**Q – What do you eat while in the hotel room?**

A – The official policy is that you can't plug in anything to cook with that is not already supplied by the lodging facility. Some have full kitchens and some have only a microwave so you will need to be creative. I would not recommend a crock-pot as people have been told they can't use these, but others have brought or bought toaster ovens and skillets and the hotel didn't say anything. It's really depends on how strict each facility is. However, grocery stores do offer a good amount of microwaveable meals and most hospitals have a cafeteria that offers very cheap food. Microwavable meals and cafeteria food does get old, but you can make it work without eating out every day and spending a fortune.

**Q – How busy will my spouse be?**

A – It depends on the rotation AND location. Your spouse could work 7 – 4 every day for one rotation or they could work 6 – 6+ with 30 hour call periodically. I have always found it easier to expect the worst hours I can imagine so that I am pleasantly surprised if it is less. Keep in mind that your spouse will also need to be studying for a shelf exam for every rotation and that can add a ton of time if your spouse is one to study a lot or it can add nearly no time if your spouse is one to take advantage of any downtime they have during the day. But the good news is that since you can't do surgery and internal medicine back-to-back it helps to give a bit more down time between the harder rotations.

**Q – Should I spend all year on the road with my spouse?**

A – No. I really had my mind set on doing it and we are on the road for 9 months this year. I know other spouses that are on the road all year long. I have been able to adjust pretty well, but even still we miss our friends, our space and our routine of home not to mention home cooking (even if

you're not a cook you'll miss this!). If I had it to do over again I wouldn't spend any more than 12 weeks away without being home for at least one rotation. It is a great experience to get to see all the bases that you could be at and you will probably never get another opportunity like this again so why not enjoy the adventure, but you should do it knowing that there will be sacrifices.

**Q – What's a typical day like for someone when they join their spouse on the road?**

A – You will spend most of the day apart from your spouse like you probably do now. So you will have to come up with things to entertain yourself. You might: work from home, do online schooling, shop, explore the area, hang out with other spouses/families or more. One thing that I did that I really enjoyed was that I got plugged in with the local spouses club when we were in San Antonio and I joined in on their activities. I met some wonderful ladies and had activities that I went to with my daughter (10 months at the time) at least twice a week which was a really great way to spend my time there.





## 2010 USU Holiday Party

By Cindy Yoder

Mark your calendars for December 10, 2010 from 11:30am - 2:30pm! The USU Cafeteria will be transformed by SSC volunteers into a winter wonderland for our BIGGEST fundraising event of the year. The event brings not only the students and spouses together, but the ENTIRE school. Faculty, staff, students and their families are welcome.

Our fundraising goal is to sell 750 tickets. So I need your help in building the excitement and spreading the word! In addition to a buffet lunch, there will be contests for the adults (with prizes!), music from the Dermatones, raffle prizes, an appearance from Santa and loads of good cheer. Tickets are \$3 per person (kids under 7 are free) and go on sale the week of November 15 - locations and times to be announced.

### **VOLUNTEER OPPORTUNITIES:**

For the event to be a success, I need your help! Below are the areas that I need volunteers for.

Please email me at [ususscfundraising@gmail.com](mailto:ususscfundraising@gmail.com) with the area/s you're interested in and I will provide you more details. THANK YOU!!

Tickets Team - sell tickets on campus during lunch hours. 2 hr commitment. Dates and times TBD.

Decorations Team - team of volunteers to transform the cafeteria into a Winter Wonderland. Involves one week night. Date and time TBD.  
Gift Wrapping Team - wrap large boxes for props and wrap prizes. Date and time TBD.

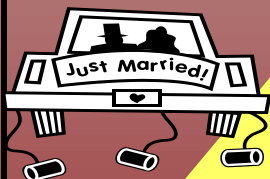
Photographer - do you have a gift or love of photography? Shoot digital photos day of event. 1-1.5hr commitment.

Registration Team - day of event, collecting tickets, lost ticket table. 1hr commitment.  
Clean up Team - you got it, post event clean up day of.



**PHOTOS!**

## 2010 Parent Tot—Harvest Day at Buttlers Orchard



### *Wedding Bells*

Student	Spouse	Date
Will (2013), and Dana Wadzinski		October 10th
Chad (2013), and Khali Adams		October 10th



### **Wounded Warrior 5K.**

November 21, 2010

8:30am

Agricultural History Farm,  
Derwood, MD

(See Flyer on the SSC website)



**SSC Kids Zone - Fall & Winter Activity**

BY: Tamara Roadfuss

The holidays are around the corner and there is nothing better than getting your children involved with fun activities.

**Fall Leaf Turkey****Materials:**

- Fall Leaves
- Pinecone
- Eyes (wiggly or Paper)
- Paper
- Glue
- Scissors



- 1) Go outside and collect leaves and pinecones
- 2) Glue your leaves in to a piece of paper in a fan like shape
- 3) Glue pinecone onto the bottom of the fan made from leaves.
- 4) Make eyes from a scrap of paper or use wiggly eyes, and glue to pinecone
- 5) Make an orange beak and red wobbler from felt or paper. Glue them onto the pinecone
- 6) Let Dry and display for all to see

**Snowman Bottle Craft****Materials:**

- Creamer Bottles
- Black beads for mouth
- Eyes (wiggly or Paper)
- Colored toothpicks - 1" length
- Black pompoms
- Glittery pompoms for top hat
- Yarn or fabric for scarf
- Small twigs for arms/hands
- Tacky glue or Glue Gun



- 1) Remove plastic wrapper from creamer bottle
- 2) Glue on googly eyes
- 3) Glue black beads for mouth
- 4) Poke Holes for nose and arms
- 5) Insert the colored toothpick for nose
- 6) Glue on glittery pompoms for top hat
- 7) Glue on black pompoms to front of snowman
- 8) Use yarn or fabric to create a scarf and wrap around the snowman and tie.
- 9) Insert small twigs for arms

**SSC WEBSITE**

[www.usuhs.mil/ssc/](http://www.usuhs.mil/ssc/)

**SSC EMAIL**

[studentspousesclub@yahoo.com](mailto:studentspousesclub@yahoo.com)

**MISSION**

The Student Spouses Club (SSC) is an organization for the spouses and significant others of any active duty officer students at the Uniformed Services University of the Health Sciences. The goal of the SSC is to provide support, friendship, and community for student families through a variety of social and service activities throughout the year.

The SSC is a private, non-profit organization.

Uniformed Services University



Student Spouses Club

**Student Spouses Club Membership Application**

Welcome! Thank you for your interest in joining the Student Spouses Club. We provide an opportunity to meet new friends, develop or maintain useful skills and enjoy a variety of functions throughout the year. Please fill out the form below and turn it in along with your annual dues check of \$30 (made payable to Student Spouses Club) so that we can process your application without delay. A member of the SSC will be contacting you shortly to formally welcome you. We look forward to meeting you!

_____ Last Name	_____ First Name	_____ Home Phone	_____ Email Address		
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_____ Street Address	_____ City	_____ ST	_____ Zip
Code			

_____ Student's Full Name	_____ Service Branch	_____ Year of Grad.	_____ Your DOB
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\_\_\_\_\_  
Children's Names & Ages

\_\_\_\_\_  
Committees you would like to have contact you with more information (please circle)

SSC Use Only

Date Received \_\_\_\_\_

Check number \_\_\_\_\_

Please return application & check to:

**Student Spouses Club**

**4301 Jones Bridge Road Box 869 Bethesda, MD 20814**